



Riders Guide

E-Z Riders Bicycle Club

Hilton Head Island, SC



Riders Guide

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Section 1

Rules of the Road



1. All riders must **obey all state and local traffic laws**. A bicycle is considered a vehicle, just like cars and trucks, and is, therefore, subject to the same rules and regulations. Obey all traffic signs, signals, and road markings. A bicycle is considered a vehicle, just like cars and trucks, and is, therefore, subject to the same rules and regulations. Obey all traffic signs, signals, and road markings.

2. Wearing a bicycle helmet while riding your bike is strongly recommended.
3. Learn and **use the appropriate arm and hand signals**.
 - § Right turn: Right arm straight out.
 - § Left turn: Left arm straight out.
 - § Stop: Either arm out and up at a 45-degree angle.
4. On the streets and highways, ride in a **single file**. Watch for traffic.
5. **Keep a safe distance** in case the rider in front of you makes a sudden stop.
6. **Use your bell or horn to warn pedestrians or other bikers of your approach**. You can also shout out "Passing on your left."
7. Also use your bell to **alert other riders of oncoming traffic**. When you see traffic approaching from the rear of the group, ring your bell, move to the right, and yell "Car back!"

**Ride
defensively!!!**

YOU are responsible
for your
own safety

Section 2

Basic Bike Care and Maintenance

Regular bike maintenance is important and includes cleaning, adjusting, and lubricating your bicycle. It is especially important to keep your bike clean.



1. **Bikes need lubrication on a regular basis.** Both spray and drip lubricants are available at most bike shops. Drip-type lubricants allow more precise application. A light coat of oil is best because exposed oil on moving parts will attract dirt. Oil the entire chain, being careful not to get oil on the brake pads.
2. Apply an occasional drop of oil where the bike cables go into their casings, and along the cable guides.
3. **Check the tightness of all bolts and nuts about twice a year.** Be careful not to overtighten.
4. **Store your bike indoors** if possible to prevent rust damage and corrosion.
5. Apply a spray lubricant to the derailleur pulleys and sprockets at least once a month.
6. If you ride on the beach or on a dirt road or path, **hose off your bike** as soon as you get home. Pay particular attention to the chain, gears, brake pads, sprockets, and the derailleur. Use an old toothbrush to remove sand and grit from the chain, sprockets, and other moving parts. Make sure the surface of the brake pads are clean.
7. **Keep the tires properly inflated.** Correct tire pressure will give you a better ride, protect the rim and spokes, and minimize the likelihood of a puncture. Be careful not to overinflate the tires.

Section 3

Riding Tips and Techniques



1. **Stay to the right.** Ride on the shoulder or bike path if possible. Watch for potholes, storm grates, sewer drains, train tracks, road debris, glass, and other hazards.

2. **Be careful when riding side-by-side!** It's more fun, but often dangerous, especially when riding on the street in traffic. Be alert and pay attention. This is the time to focus on riding your bike, getting some fresh air and exercise, and enjoying the scenery.

Inattention is the cause of most accidents.

3. **Avoid riding on busy roads** as much as possible. It's just asking for trouble.

4. **Be predictable.** Ride in a straight line. Do not make sudden stops or turns. Remember, there are other riders behind you; in fact, they may be closer than you think! Use hand signals. Be aware of what's going on around you, what police officers and airline pilots call "situational awareness."

5. **Be visible** out there! This is not the time to wear your new camo outfit. Consider a brightly colored jersey!

6. **Use your bell** or horn when you are getting ready to pass someone, and shout "Passing on your left/right."

7. **Do not tailgate** the rider(s) in front of you. If they stop suddenly, which they are likely to do, you are in trouble. Pileups are serious and often cause terrible injuries.

8. Don't stop for more than 10 minutes or you will start to get stiff.

9. **Maintain a brisk cadence.** Try to maintain a pace of at least 10 mph.

10. Be sure you are in the right gear.

Section 4

Equipment and Accessories



1. **Wear a good bike helmet;** it is good insurance against a serious head injury or death.

2. Always **carry a water bottle and drink plenty of fluids** to keep yourself hydrated, especially on hot days. Those new-fangled sports drinks are ok, but good old cold water is still the best thirst quencher. Remember: Drink before you're thirsty and eat before you're hungry.

3. **Sunglasses** offer good protection from wind, glare, bugs, and UV light.

4. Cotton T-shirts are not a particularly good idea in hot, humid climates. Neither are jeans. A good **cycling jersey** will wick the moisture away from your body to speed evaporation and keep you cooler and more comfortable. They will also prevent you from being as cold and clammy in colder weather.

Pick a jersey with bright colors so you can be seen more easily in traffic. They are not inexpensive but a good investment if you ride frequently.

5. **Buy a tool bag.** Most fit directly behind your seat. Carry items such as a patch kit, Allen wrenches, a flathead and Phillips screwdriver, handy wipes, a rag, and a bike lock. Don't forget other handy items such as bug spray, sunscreen, Kleenex, paper and pencil, camera and film, some pocket change, etc.



6. **Have the right kind of tires** for the type of riding you do. Using those knobby mountain bike tires to ride on smooth asphalt bike paths is not the way to go. Neither are slick tires that will not "grab" the pavement.

7. **Make sure your bike fits you.** Sounds dumb? It's not. An improperly fitted bike can have a significant impact on your ability to ride comfortably and easily. It can quite literally be a pain in the neck (and other more sensitive body parts).

Take your bike to a local bike shop and have them check items such as saddle height, saddle tilt, handlebar width, stem height, fore and aft saddle position, etc. Women should especially follow this advice since most bikes are "set up" for male riders.

Suggestion...

It's also a good idea to have your bike "tuned up" by the folks at your local bicycle repair shop at least once a year or so depending upon how often you ride and the conditions you ride in. Figure on spending about 35-40 dollars. Typically this service includes checking and adjusting the brakes, chain, gears, etc. Preventive maintenance can save you time and money in the long run.

A good rule of thumb:

Take a drink about every 15 minutes to avoid dehydration. Water is the best thirst-quencher.

Always forgetting something?

Prepare a check list and consult it just before you leave home for a ride to make sure you don't forget something important.

Section 5 Group Riding

**Group riding can be fun.
It can also be frustrating.**

Riding with people whose skills, level of fitness, and riding habits match yours is ideal. But that is rarely the case. Many times speed is the issue. Some riders want to "put the hammer down" and ride at a brisk pace. Others are out for a more leisurely ride and want to go rather slowly.

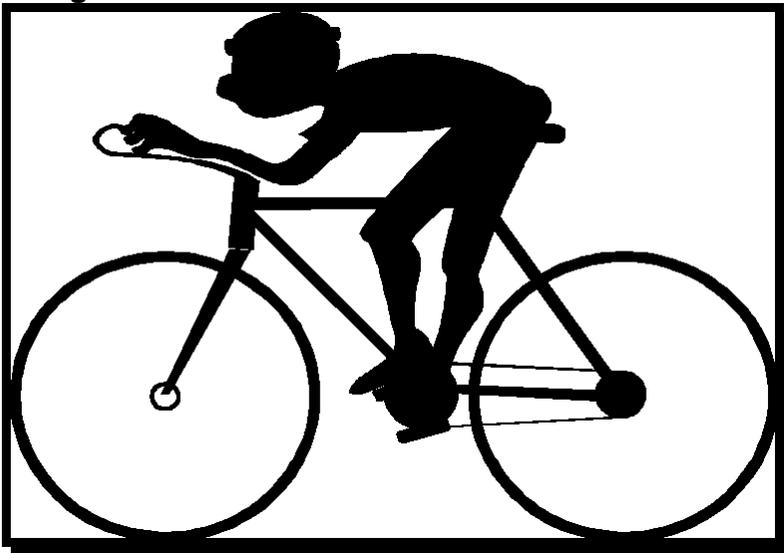
For some participants, the weekly ride is an integral part of their exercise program. For others, it represents a chance to socialize and enjoy the scenery. If this "mix" occurs on a regular basis, riders in each category will quickly become frustrated and disenchanted.

Maybe the riders need to split into two separate groups; the "faster" riders and the "slower" riders, fast and slow being subjective.

Discuss it before you start the ride.

Try to reach a consensus. It's not fair to make the faster riders go slow, or for the slower riders to always be left behind.

Reach an agreement that will, hopefully, accommodate everyone, but do not ignore the issue.



Most important rule: Have Fun!!!

For Further Information...

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